



ACTIVE ADULTS SERVICES 50+

CITYWIDE SERVICES

INCOME TAX PREPARATION

Trained volunteers are available at your local center by appointment to prepare your Federal and State income tax. Call your local center for an appointment. If you are interested in becoming a volunteer tax counselor, please call the Aging Services at 408-979-7906 for training information.

SENIOR CITIZENS COMMISSION

The fifteen member commission is appointed by City Council and advises the Mayor and City Council on matters of importance to San José seniors including housing, transportation, health and safety. The public is invited to attend the monthly meeting held the second Thursday of every month from 1:30-4:30pm. Contact 408-979-7915 for further details and locations of the meeting.

SOCIAL SERVICES

The Aging Services offers a variety of Citywide Services and Programs to older adult residents to help them maintain an active and independent life style. Most programs are designed for those age 50 and over and are offered through your local Senior and Community Centers. Below is a comprehensive listing of all programs and activities offered at the various Senior Centers.

***Please note: Not all programming is offered at each center.**

ADVISORY COUNCILS

Each center has an Advisory Council consisting of volunteers who provide input to the center staff on programs and senior issues. Most Advisory Councils sponsor fund-raising activities for their center and meet once per month.

BLOOD PRESSURE CHECK

Time and date varies by center. Call local center for more information.

BROWN BAG

If you are aged 60+ or disabled age 55+, you may be eligible to receive a weekly supplemental bag of groceries if you meet the income requirements. Maximum monthly household income for one person is \$1,325; two people are \$1,790 and three people are \$2,256.

DEFENSIVE DRIVING CLASSES

AARP 55 Alive driving classes are offered throughout the year. Class includes a refresher of driving skills. A certificate is provided upon completion of class which many insurance companies accept for a discount on rates. Cost for the class is \$12; Non-AARP \$14. Call your center to inquire about upcoming dates.

FREE BREAD PROGRAM

Please bring your own plastic bag. (Schedule subject to change and is dependent upon bread availability.) Times vary by center, call your center for more information.

BOUTIQUE (WILLOW GLEN & SOUTHSIDE ONLY)

Hand crafted items for sale made by fellow seniors. Come to shop or become an artist. Open Monday-Friday 10:00am-2:00pm.

HAIRCUTS FREE

Volunteers cut hair for both men and women at various centers. Appointments for Seniors only. Call your center office for appointments. Please shampoo your hair before the appointment. Tips are not allowed.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

The Health Insurance Counseling and Advocacy Program, available at centers (see Senior Service Directory on page 71-72) is free of charge. Trained counselors will assist you with Medicare, Medi-Cal, supplemental insurance "D" prescription drug coverage and long-term care insurance information or issues. Counselors can also help you fill out claim forms. Please call your local center for an appointment.

LENDING LIBRARY

On site libraries at senior centers offer seniors a selection of book and video rentals available at no cost. Varies by center, call your center for times.

NEWCOMERS' ORIENTATION

Each month a Newcomers' Orientation is held to provide an overview of the programs and services offered at each center. Most centers include a tour, free luncheon and an opportunity to meet staff, advisory council members and ask questions. Check with your local center for the day and time of its Newcomers' Orientation.

NOTARY SERVICE (ALMADEN ONLY)

Notary Service is available at some centers. This is a free service. Please call ahead to make an appointment as the Notary may not be available for drop-ins. Donations to the center are accepted.

NUTRITION PROGRAM \$2.50 SUGGESTED DONATION

Reservations are required. Please call your center, at least one day in advance, to reserve your meal. Lunch is served Monday-Friday at 12:00pm. Suggested donation is \$2.50 for seniors age 60+. A monthly menu is available at the center. Some sites open Sat or Sun.

PARKINSON SUPPORT GROUP

This group meets the 1st Wednesday of every month at 1:00pm. This meeting is open to anyone with Parkinson's disease and their family and friends.



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SENIOR ADULT LEGAL ASSISTANCE (SALA)

SALA provides legal assistance by trained counselors for seniors aged 60 and over at most centers. Appointments are available by contacting your local center. Counselors can help you with Durable Power of Attorney, elder abuse, Social Security or SSI issues and simple wills.

SENIORNET LEARNING CENTER OF SAN JOSÉ

SeniorNet's mission is to provide older adults education for and access to computer technology to enhance their lives and enable them to share their knowledge and wisdom. SeniorNet, a nonprofit organization, teaches adults (age 50 plus) how to use computers and the Internet. Classes are designed for the beginner to the intermediate student with offerings changing every eight weeks. For more information on current offerings visit the SeniorNet.

TRANSPORTATION

Transportation is available to most centers by City Van and/or by the VTA Paratransit Outreach program at no charge. Please contact your local center for details.

TRANSPORTATION DISCOUNT TICKETS: FLASH PASS & BART

Most centers offer BART tickets to those aged 65+. Each \$9 ticket is good for \$24 worth of BART rides. In addition, the VTA Monthly Flash Passes (unlimited monthly rides on County transit buses and light rail) are available to seniors over age 65 for \$20. Seniors need to have a VTA ID Card to purchase the FLASH PASS.

VIAL OF LIFE

The Vial of Life kit enables emergency responders to quickly locate medical information about you in case you are unable to speak for yourself. A small vial stored in your refrigerator and glove compartment provides all you pertinent medical information. Paramedics, Police and Firefighter are trained to look for the Vial of Life sticker on your refrigerator or glove compartment. Pick up your Vial of Life from your local center.

MUNICIPAL GOLF COURSES

SAN JOSÉ MUNICIPAL GOLF COURSE

1560 Oakland Road | 408-441-4653
18-hole
150 acres
Par 72
Wide fair-ways
Challenging greens
Mature trees
An experience to remember!
sjmuni.com

RANCHO DEL PUEBLO GOLF COURSE & DRIVING RANGE

1649 Hermosilla Way | 408-347-0990
9-hole Executive course
1,418 yards
Par 28
Walking course with artful bunkering
Serene Ponds
Private and group lessons
Golf shop stocked with merchandise
Driving range
Practice putting greens
Snack Bar
ranchodelpueblo.com

LOS LAGOS GOLF COURSE

2995 Tuers Road | 408-361-0250
18-hole
Par 68
5,393 yards
Clubhouse rented for private use
Sloping fairways
Striking water features
Grand oak trees
Heavily forested creek
Appeals to all playing abilities
playloslagos.com



	ALMA	ALMADEN	ALVISO	BERRYESSA	CYPRESS	EVERGREEN	GARDNER
ADVISORY COUNCILS	■	■		■	■	■	
ADULT EDUCATION		■		■		■	
BINGO	■	■		■	■	■	■
BLOOD PRESSURE CHECK	■	■			■	■	■
BUS LINE	82	63		61	23	31, 77	64
BROWN BAG	■				■		■
CASE MANAGEMENT SERVICES							
COMPUTER CLASSES	■	■		■	■		■
COMPUTER OPEN LAB		■					■
DEFENSIVE DRIVING CLASS		■		■	■	■	
DROP-IN ACTIVITIES (CALL CENTERS FOR FULL LISTINGS)	■	■		■	■	■	■
EXERCISE OPEN GYM		■					■
FLASH PASS & BART DISCOUNTS				■	■	■	
FREE BREAD PROGRAM	■	■		■	■		■
GIFT SHOP							
HAIRCUTS (FREE)		■		■	■	■	
HICAP	■	■					
LIBRARY (ON-SITE)		■			■	■	
MEMBERSHIP CARDS	■	■		■	■	■	■
NEWCOMERS' ORIENTATION	■			■	■		■
NOTARY SERVICE		■					
NUTRITION LUNCH PROGRAM	■	■	■	■	■	■	■
PARKINSON SUPPORT GROUP				■			
SALA	■	■		■	■	■	
SENIORNET LEARNING CTR OF SAN JOSE		■					
SENIOR TRIP PROGRAM (DAY AND/OR OVERNIGHT TRIPS)	■	■		■	■	■	■
TRANSPORTATION	■				■		■
VETERANS' SERVICES							
VIAL OF LIFE		■		■	■		■
WALKING PROGRAM	■	■		■	■	■	■
WOMEN'S FRIENDSHIP CLUB							



	SEVEN TREES	KIRK @ CAMDEN	MAYFAIR	SOUTHSIDE	ROOSEVELT	WILLOW GLEN
ADVISORY COUNCILS	■	■	■	■	■	■
ADULT EDUCATION		■	■			
BINGO	■		■	■		■
BLOOD PRESSURE CHECK	■		■	■		■
BUS LINE		37, 42	77	27,68	22	26, 64
BROWN BAG	■		■	■		
CASE MANAGEMENT SERVICES	■				■	
COMPUTER CLASSES	■			■		■
COMPUTER OPEN LAB		■	■	■	■	■
DEFENSIVE DRIVING CLASS		■		■		■
DROP-IN ACTIVITIES (CALL CENTERS FOR FULL LISTINGS)	■	■	■	■	■	■
EXERCISE OPEN GYM	■	■	■			
FLASH PASS & BART DISCOUNTS		■	■	■	■	
FREE BREAD PROGRAM	■	■	■	■		■
Gift Shop				■		■
HAIRCUTS (FREE)		■	■			■
HICAP	■			■		■
LIBRARY (ON-SITE)		■				■
MEMBERSHIP CARDS	■	■	■	■	■	■
NEWCOMERS' ORIENTATION			■			
NOTARY SERVICE				■		
NUTRITION LUNCH PROGRAM	■	■	■	■	■	■
PARKINSON SUPPORT GROUP						
SALA	■	■	■	■	■	■
SENIORNET LEARNING CENTER						■
SENIOR TRIP PROGRAM (DAY AND/OR OVERNIGHT TRIPS)		■	■	■		■
TRANSPORTATION	■	■	■	■		
VETERANS' SERVICES						
VIAL OF LIFE						■
WALKING PROGRAM		■		■		■
WOMEN'S FRIENDSHIP CLUB				■		